

Exercise Studio Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
5:00 AM	Open	Open	Open	Open	Open					
6:00 AM										
7:00 AM		Mobility for Golf			Mobility for Golf			Boot Camp - Ronna (\$10)	Open	
8:00 AM		Open		Open	Open			FOD - Vinyasa Yoga		
9:00 AM		FOD - Mt. Rainier Cycle	Boot Camp - Lisa (\$10)	FOD - Dumbbell HITT	FOD - Plyoga Express			Open		
10:00 AM	Boot Camp - Ronna (\$10)	FOD - Pilates Upper Body	Strength Yoga - Annie	FOD - Yoga Inferno	FOD - Cardio Circuit	FOD - Power Cycle	Open			
11:00 AM	Forever Fit - Ronna	Open	Water Aerobics - Ronna	Open	Water Aerobics - Ronna	Open				
12:00 PM	Open			Open	Open			Open		
1:00 PM		FOD - Intro to Pilates	Senior Fit - Christine							
2:00 PM		Aqua Gold (Pool) - Christine	Aqua Gold (Pool) - Christine							
3:00 PM			Open							
4:00 PM			Open							
5:00 PM										
6:00 PM			Spin - Lisa	FOD - Yin Yoga Flow		Ping Pong			Ping Pong	
7:00 PM		Barre Express 30 min - Annie	Karate Club	Open		Karate Club			Ping Pong	Ping Pong
8:00 PM										

FOD - Fitness on Demand

(\$) - fee and registration required